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OPPORTUNITY

help for the mentally retarded

REHABILITATION SERVICES ADMINISTRATION

For the Mentally Retarded

When someone close to you is mentally retarded, you may have many questions about his future. "Will he be able to find a job?" "Will he be able to care for himself, to make his own way in the world, and live a full life?"

Your State rehabilitation agency can help you with the answers to many of these questions, and with programs and services designed to help mentally retarded people prepare to live a fuller life.

Assistance for the mentally retarded is often an extremely complex problem, requiring the combined skills of physicians, psychologists, social workers, therapists, counselors, and other trained specialists. Often, a mentally retarded person will have other handicaps which must be treated as well.

The Federal-State program of rehabilitation provides a comprehensive and productive approach to assisting the mentally retarded.

DISCRIMINATION PROHIBITED

Title VI of the Civil Rights Act of 1964 states: "No person in the United States shall, on the ground of race, color or national origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving Federal financial assistance." Therefore, any program or activity supported by grants from the Rehabilitation Services Administration, like every program or activity receiving financial assistance from the Department of Health, Education, and Welfare, must be operated in compliance with this law.

Rehabilitation . . .

the program that works for the handicapped!

Since it was established in 1920, the Federal-State rehabilitation program has assisted more than 2 million disabled men and women to achieve gainful occupations.

These people have had such disabilities as arthritis, blindness, orthopedic ailments, mental illness, heart trouble, deafness or hearing difficulties, speech impairments, stroke and epilepsy—as well as mental retardation.

Everybody benefits—the handicapped person himself who is restored to a fuller and more rewarding life, his family and friends, and the nation as a whole.

Your State Agency

Your State vocational rehabilitation agency is in partnership with the Federal government, through the Rehabilitation Services Administration, which is part of the Social and Rehabilitation Service of the Department of Health, Education, and Welfare.

Your State agency provides the actual services to handicapped people. Services to the mentally or physically disabled are aimed at correcting or reducing the handicapping effects of disability, and providing training and other help in finding a suitable occupation.

State rehabilitation agencies work closely with other public and private agencies serving retarded people, such as State employment agencies, public schools, the State Associations for Retarded Children, and other community programs and activities.

How to Apply

By phone, letter, or personal visit, an appointment can be made with a rehabilitation counselor at the nearest local office of your State vocational rehabilitation agency, or at some other convenient location. After consultation, the counselor will determine with the applicant and, if indicated, his parents or other interested persons, what services may be needed in a particular case.

If you do not find your local rehabilitation agency in your State listings in the telephone book, a phone call or letter to the State agency headquarters will result in a contact from your nearest local office. The address and telephone number of the central office in your State is listed in the back of this booklet.

Who is Eligible

In general, the applicant must have a disability which interferes with the ability to pursue a gainful occupation or function as a homemaker, or which threatens his or her continued employment. Both men and women are eligible.

The applicant must have a reasonable chance of being able to engage in a suitable occupation after necessary rehabilitation services are provided.

What are the Services

Counseling and guidance are provided from the beginning by a professionally trained counselor who works individually with each handicapped person. He helps that person discover his vocational interests and aptitudes, discusses his problems, and works out a plan for rehabilitation that is the most suitable for the individual.

Medical Examination to learn the nature and extent of disability, to help determine whether the client is eligible, and to assess the need for additional medical services and the disabled person's work capacities. For mentally retarded applicants, evaluations by psychologists are also provided.

Medical Help to restore or improve the disabled person's ability to do a job, by providing medical, surgical or hospital services to remove or reduce the disability.

Physical Aids where needed, including artificial limbs, braces, hearing devices, eyeglasses and other aids.

Job Training in a vocational school, a special school, a rehabilitation facility, or, in some cases, directly on the job.

Expenses may be paid, within certain limitations, while the disabled person is being prepared for work, or being helped to find a job. Can include, for example, board, room, and transportation.

Other Goods and Services in a wide range can be provided if needed, such as personal adjustment training to help develop good work habits and attitudes and skills in working with others.

Job Placement to assist in finding the right job.

Follow-Up by the counselor to help the disabled person adjust to his new occupation and overcome special problems.

Many Services are Free

In all cases, those services (such as medical examinations) which are necessary to evaluate your problem, are free of cost to the applicant. Individual counseling and guidance services are also free, as well as job placement assistance. You may be asked to share in the cost of certain other services if you are able to do so.

Jobs Vary Widely

The various kinds of work which mentally retarded persons are entering indicate the widening scope of employment opportunities. Most go into service and unskilled work, but many enter clerical and sales, semi-skilled and even skilled work and agricultural positions. Retarded people have been successfully employed as office machine operators, typists, clerks, food service helpers, janitors, farmhands, filling station attendants, laborers, laundry workers, messengers, mail handlers, laboratory aides, warehousemen, aides in hospitals and nursing homes, library assistants, card punch operators, and in many other jobs once thought too difficult for them. Sometimes, employment in a sheltered workshop is obtained, but this is usually in preparation for other jobs. Homemaking is another goal for mentally retarded people.

Special Programs

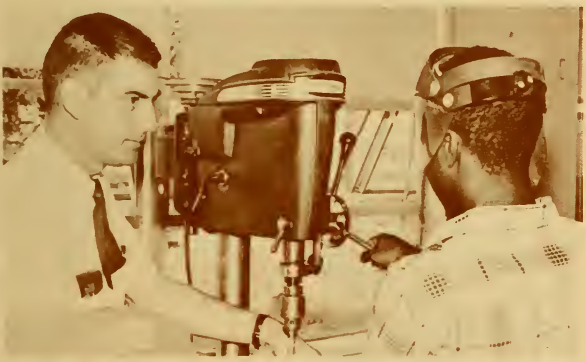
Sometimes, when working with mentally retarded people, it is difficult to determine whether or not the individual will benefit enough from vocational rehabilitation services to enter a gainful occupation. In this situation State vocational rehabilitation agencies may provide services to a retarded person during an evaluation period up to 18 months to determine whether or not he

has potential for vocational rehabilitation. If the individual shows reasonable potential, the State rehabilitation agency will certify him as an eligible client and continue to provide services.

In many communities, schools and the rehabilitation agencies have developed cooperative work-study programs for mentally retarded young people. These programs have been suc-

cessful both in preparing the mentally retarded youngster for adult responsibilities and in training him for appropriate jobs in the community. Your State rehabilitation agency will be able to tell you if such programs are available in your school district.

Sheltered workshops are well suited to providing many of the services needed by mentally retarded and other handicapped people. State vocational rehabilitation agency staffs are famil-



iar with the sheltered workshops in your State, and know which ones are best equipped to serve the mentally retarded.

Nationwide industrial, retail and service organizations cooperate with rehabilitaton agencies in employing mentally retarded persons. The President's Committee on Employment of the Handicapped makes continuous efforts to

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keep the nation's employers aware of the abilities of the handicapped, and the President's Committee on Mental Retardation is concerned specifically with the problems of the mentally retarded.

The U.S. Civil Service Commission has a special program devoted to increasing job opportunities for mentally retarded persons within the Federal government, and the State rehabilitation agencies cooperate actively in this program.

A Brighter Future

New employment opportunities are developing every day, as employers recognize that retarded persons, when properly trained and properly placed, make good, steady and reliable employees. If you know someone who is mentally retarded, it would be to his advantage to discuss the problem with his State rehabilitation agency.

STATE REHABILITATION AGENCIES

ALABAMA:
Vocational Rehabilitation, Dept. of Education
2129 East South Boulevard, Montgomery 36111
Telephone (205) 265–2341, Ext. 411

ALASKA:
Office of Vocational Rehabilitation
Pouch F. Alaska Office Building
Juneau 99801, Telephone (907) 586–3270

ARIZONA:
Division of Vocational Rehabilitation
7 North 15th Avenue
Phoenix 85007, Telephone (602) 271–4168

Division of Rehabilitation for the Visually Impaired
Department of Public Welfare
State Office Building
112 North Central Avenue, Phoenix 85004
Telephone (602) 271–4354

ARKANSAS:
Arkansas Rehabilitation Service
211 Broadway, Room 227
Little Rock 72201
Telephone (501) FR 5–0135

Rehabilitation Services for the Blind
900 West 4th Street, Little Rock 72201
Telephone (501) FR 5–5512

CALIFORNIA:
Department of Rehabilitation
1500 Fifth Street, Sacramento 95814
Telephone (916) 445–4074

COLORADO:
Department of Rehabilitation
705 State Services Building, Denver 80203
Telephone (303) 222–9911, Ext. 2255

CONNECTICUT:
Connecticut Division of Vocational Rehabilitation
600 Asylum Avenue, Hartford 06615
Telephone (203) 527–6341

Board of Education and Services for the Blind
170 Ridge Road, Wethersfield 06109
Telephone (203) 249–8525

DELAWARE:

Rehabilitation Division
1500 Shallcross Avenue, P.O. Box 1190
Wilmington 19899
Telephone (303) OL 6–4404

Delaware Commission for the Blind
305 West 8th Street, Wilmington 19801
Telephone (302) OL 5–4444

DISTRICT OF COLUMBIA:

Department of Vocational Rehabilitation
1331 H Street NW., Washington 20005
Telephone (202) 629–4965

FLORIDA:

Division of Vocational Rehabilitation
Room 254, 725 South Bronough Street
Tallahassee 32304
Telephone (904) 224–1292

Florida Council for the Blind
108 West Pensacola Street, Tallahassee 32301
Telephone (904) 222–4398

GEORGIA:

Office of Rehabilitation Services
270 State Office Building, Atlanta 30334
Telephone (404) 688–2390

GUAM:

Division of Vocational Rehabilitation
Department of Education, Government of Guam
P.O. Box 157, Agana 96910
Telephone 42–4271 and 42–5112

HAWAII:

Division of Vocational Rehabilitation
Department of Education, Room 216
Queen Liliuokalani Building, P.O. Box 2360
Honolulu 96804, Telephone (808) 507711

Department of Social Services
1901 Bachelot Street, Honolulu 96817
Telephone (808) 507711

IDAHO:

Vocational Rehabilitation Service
210 Eastman Building, Boise 83702
Telephone (208) 344–5811, Ext. 456

Idaho Commission for the Blind
State House
Box 1189, Boise 83707
Telephone (208) 344–5811, Ext. 580

ILLINOIS:

Division of Vocational Rehabilitation
623 East Adams Street, Springfield 62706
Telephone (217) 525–2093

INDIANA:

Division of Vocational Rehabilitation
1028 Illinois Building, 12 West Market Street
Indianapolis 46204
Telephone (317) 633–6942

Indiana Agency for the Blind
536 West 30th Street, Indianapolis 46223
Telephone (317) 923–3363

IOWA:

Division of Vocational Rehabilitation
801 Bankers Trust Building, Des Moines 50309
Telephone (515) 244–7204

Commission for the Blind
4th and Keosauqua, Des Moines 50309
Telephone (515) 283–0153

KANSAS:

Division of Vocational Rehabilitation
Kansas State Board for Vocational Education
Room 1116, State Office Building,
Topeka 66612, Telephone (913) CE 5–0011
Ext. 544

Services for the Blind, State Dept. of Social Welfare
State Office Building, Topeka 66612
Telephone (913) CE 5–0011, Ext. 703

KENTUCKY:

Bureau of Rehabilitation Services
State Office Building, High Street
Frankfort 40601, Telephone (502) 564–4440

LOUISIANA:

Vocational Rehabilitation Division
2655 Plank Road, Baton Rouge 70805
Telephone (504) 356–1492, Ext. 40

Division for the Blind
Department of Public Welfare
P.O. Box 40465, Baton Rouge 70804
Telephone (504) 342–4781

MAINE:

Vocational Rehabilitation Division
32 Winthrop Street, Augusta 04330
Telephone (207) 623–4511, Ext. 715

Department of Health and Welfare
Division of Eye Care and Special Services
State House, Augusta 04430
Telephone (207) 623–4511, Ext. 548

MARYLAND:

Division of Vocational Rehabilitation
2100 Guilford Avenue, Baltimore 21218
Telephone (301) 837–9000, Ext. 8940

MASSACHUSETTS:

Massachusetts Rehabilitation Commission
296 Boylston Street, Boston 02116
Telephone (617) CO 7–1500

Commission for the Blind
39 Boylston Street, Boston 02116
Telephone (617) 727–5580

MICHIGAN:

Division of Vocational Rehabilitation
Department of Education
Davenport Building, P.O. Box 1016
Lansing 48904, Telephone (517) 373–3390

Department of Social Services, Division of
Services for the Blind
520 Hollister Building, Lansing 48933
Telephone (517) 373–2062

MINNESOTA:

Division of Vocational Rehabilitation,
State Department of Education
1745 University Avenue, St. Paul 55104
Telephone (612) 221–2891

State Services for the Blind
Department of Public Welfare
Centennial Office Building, St. Paul 55101
Telephone (612) 221–2687

MISSISSIPPI:

Vocational Rehabilitation Division
316 Woolfolk State Office Building, P.O. Box 1698
Jackson 39205
Telephone (601) 355–9361, Ext. 561

Vocational Rehabilitation for the Blind
528 North State Street
P.O. Box 4321 Fondren Station, Jackson 39216
Telephone (601) FL 5–9361, Ext. 600

MISSOURI:

Vocational Rehabilitation
1448 West Dunklin, Jefferson City 65101
Telephone (314) 635–7231

Bureau for the Blind
State Office Building, Jefferson City 65101
Telephone (314) 636–2161

MONTANA:

Division of Vocational Rehabilitation
506 Power Block, Helena 59601
Telephone (406) 442–3260, Ext. 257

Division of Blind Services, State Department of Public Welfare
P.O. Box 1723, Helena 59601
Telephone (406) 442–3260, Ext. 481

NEBRASKA:

Division of Rehabilitation Services
707 Lincoln Building, 1001 O Street
Lincoln 68508
Telephone (322) 477–5211, Ext. 321

Services for the Visually Impaired
State Capitol Building, Lincoln 68509
Telephone (402) 477–5211, Ext. 508

NEVADA:

Division of Vocational Rehabilitation
515 East Musser Street, Carson City 89701
Telephone (702) 882–7363

Department of Health, Welfare, and Rehabilitation
Services to the Blind
311 North Curry, Room 113
Carson City 89701, Telephone (702) 882–7415

NEW HAMPSHIRE:

Vocational Rehabilitation Division
64 North Main Street, Concord 03301
Telephone (603) 225–6611

Department of Health and Welfare
Division of Welfare, Services to the Blind, State House Annex, Concord 03301
Telephone (603) 225–6611, Ext. 212 or 213

NEW JERSEY:

New Jersey Rehabilitation Commission, Labor and Industry Bldg.
12th Floor, John Fitch Plaza, Trenton 08625
Telephone (609) 292–2351

Commission for the Blind
1100 Raymond Boulevard, Newark 07102
Telephone (201) 648–3333 Ext. 2324

NEW MEXICO:

Division of Vocational Rehabilitation
P.O. Box 2406, Santa Fe 87501
Telephone (505) 827–2522

Department of Public Welfare
Division of Services for the Blind
408 Galisteo, Santa Fe 87501
Telephone (505) 827–2301

NEW YORK:

State Education Department
Division of Vocational Rehabilitation
162 Washington Avenue, Albany 12210
Telephone (518) GR 4–2712

New York State Department of Social Services
Commission for the Blind and
Visually Handicapped
15 Park Row, New York 10038
Telephone (212) 488–5862

NORTH CAROLINA:

Division of Vocational Rehabilitation
305½ W. Martin Street
Mail: Department of Public Instruction
Raleigh 27602, Telephone (919) 829–3364

State Commission for the Blind
Old Health Building
P.O. Box 2658, Raleigh 27602
Telephone (919) 829–4231

NORTH DAKOTA:

North Dakota Division of Vocational Rehabilitation
418 East Rosser Avenue, Bismarck 58501
Telephone (701) 223–7465

OHIO:

Bureau of Vocational Rehabilitation
240 South Parsons Avenue, Room 125
Columbus 43215, Telephone (614) 469–2540

Department of Public Welfare, Bureau of Services
for the Blind
85 South Washington Avenue, Columbus 43215
Telephone (614) 469–4272

OKLAHOMA:
Vocational Rehabilitation Division
307 Will Rogers Memorial Office Building
State Capitol Complex, Oklahoma City 73105
Telephone (405) JA 1–3374

OREGON:
State Department of Vocational Rehabilitation
1178 Chemeketa St. NE., Salem 97310
Telephone (503) 364–2171, Ext. 1638

State Commission for the Blind
535 S.E. 12th Avenue, Portland 97214
Telephone (503) 226–2161

PENNSYLVANIA:
Bureau of Vocational Rehabilitation
Labor and Industry Building
7th and Forster Streets, Harrisburg 17120
Telephone (717) 787–5244

Office for the Blind, Department of Public Welfare
Room 102, Health and Welfare Building
Harrisburg 17120
Telephone (717) 787–6176

PUERTO RICO:
Vocational Rehabilitation Division
867 Munoz Rivera Avenue
Rio Piedras, Puerto Rico 00919
P.O. Box 1118, Hato Rey, Puerto Rico 00919
Telephone 765–2660

RHODE ISLAND:
Division of Vocational Rehabilitation
40 Fountain Street, Providence 02903
Telephone (401) 421–7005

Rhode Island Division of Services for the Blind
46 Aborn Street, Providence 02903
Telephone (401) 861–7950

SOUTH CAROLINA:
Vocational Rehabilitation Department
400 Wade Hampton State Office Building
Columbia 29201
Telephone (803) 758–2338

South Carolina Commission for the Blind
1400 Main Street, Columbia 29201
Telephone (803) 758–2802

SOUTH DAKOTA:

Division of Vocational Rehabilitation
804 North Euclid, Pierre 57501
Telephone (605) 224–5911, Ext. 346

South Dakota Service to the Blind and
Visually Handicapped
222 East Capitol Avenue, Pierre 57501
Telephone (605) 224–5911, Ext. 318

TENNESSEE:

Division of Vocational Rehabilitation
Suite 1400—1808 West End Building
Nashville 37203, Telephone (615) 741–2521

Department of Public Welfare
Blind Services Section
303 State Office Building, Nashville 37219
Telephone (615) 741–3163

TEXAS:

Vocational Rehabilitation Division
Texas Education Agency
Capitol Station, Austin, Texas 78711
Telephone (512) GR 5–2015

State Commission for the Blind
318 Sam Houston State Office Building
Austin 78701, Telephone (512) GR 5–3811

UTAH:

Office of Vocational Rehabilitation
1200 University Club Building
136 East South Temple
Salt Lake City 84111
Telephone (801) 328–5991

VERMONT:

Vocational Rehabilitation Division
79 Main St., Montpelier 05602
Telephone (802) 223–3211, Ext. 424

Department of Social Welfare
Division of Services for the Blind and
Visually Handicapped
128 State Street, Montpelier 05602
Telephone (802) 223–2311, Ext. 581

VIRGINIA:

State Department of Vocational Rehabilitation
4615 West Broad Street, P.O. Box 11045
Richmond 23230
Telephone (703) 770–2091

Virginia Commission for the Visually Handicapped
3003 Parkwood Avenue
Richmond 23221, Telephone (703) 770–2181

VIRGIN ISLANDS:
Division of Vocational Rehabilitation
c/o Department of Education, P.O. Box 630
St. Thomas 00801, Telephone (809) 774–2835

WASHINGTON:
Division of Vocational Rehabilitation
P.O. Box 528, Olympia 98501
Telephone (206) 753–5473

Services for the Blind
State Department of Public Assistance
3411 South Alaska Street, Seattle 98118
Telephone (206) PA 2–6695

WEST VIRGINIA:
Division of Vocational Rehabilitation
West Wing, State Capitol Building
Charleston 25305
Telephone (304) 348–2375

WISCONSIN:
Division of Vocational Rehabilitation
Dept. of Health and Social Services
1 West Wilson Street
Room 830, Madison 53702
Telephone (608) 266–3017

Supervisor, Services for the Blind
State Department of Health and Social Services
Division of Public Assistance
5316 West State Street, Madison 53208
Telephone (608) 771–5311

WYOMING:
Division of Vocational Rehabilitation
123 Capitol Building, Cheyenne 82001
Telephone (307) 777–7389, Ext. 388

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